

DINNERLY



Reduced-Carb Spicy Thai Beef Salad

with Red Cabbage, Mint and Peanuts



25 minutes



2 Servings

As pretty as a picture, this zingy Thai beef salad delivers on all fronts. It's low on carbs, full of flavour and packed with feel-good veggies.

WHAT WE SEND

- 150g red cabbage
- mint
- 1 carrot
- 40g peanuts ⁵
- beef mince
- 20ml sriracha chilli sauce ¹⁷

WHAT YOU NEED

- 2 tbs white vinegar
- 2 tsp sugar
- 1 tsp vegetable oil
- 1 tbs soy sauce ⁶

TOOLS

- mandoline (optional)
- julienne peeler or box grater
- medium deep frypan

Our veggies come straight from the farm,
so please wash them before cooking.

ALLERGENS

Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 34.6g, Carbs 15.3g,
Proteins 45.1g



1. Prep ingredients

Thinly slice the **cabbage** with a sharp knife or mandoline. Pick the **mint** leaves and finely chop the stems, keeping them separate. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



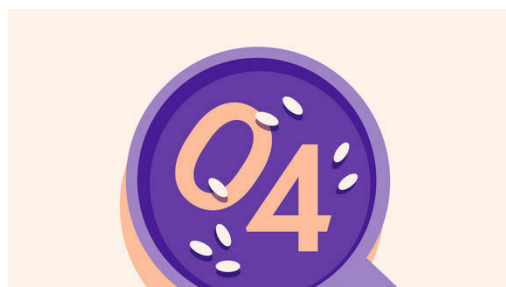
2. Pickle veggies

Combine **2 tbs white vinegar** and **2 tsp sugar** in a large bowl and season with **salt and pepper**. Add the **cabbage** and **carrot** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



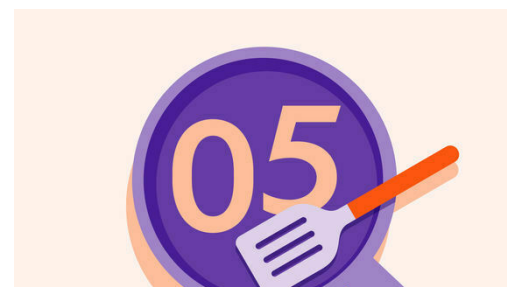
3. Toast peanuts

Meanwhile, put the **peanuts** in a cold medium deep frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan.



4. Cook beef

Heat **1 tsp vegetable oil** in the same pan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **sriracha sauce** (see Make it yours), **mint stems**, **1 tbs soy sauce** and **60ml (¼ cup) water** and cook, stirring, for 1-2 mins until the sauce is slightly reduced. Remove the pan from the heat.



5. Serve up

Taste the beef mixture, then season with **salt and pepper**. Add the **mint leaves** to the pickled veggies and toss to combine. Divide the **pickled slaw** and **beef mixture** among plates. Scatter over the **peanuts** and enjoy!



6. Make it yours

Sriracha is a Thai hot chilli sauce. We have recommended this amount, but if you prefer less heat, simply reduce the sriracha to taste.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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 **Packed in Australia**
from at least 90%
Australian ingredients